

Now deep thoughts ...with Conestoga College

Random questions answered by random students

What is the worst Christmas gift you ever received?



A phone cord from my grandma. It was wrapped up but I'm sure she just found it somewhere in her house."
Joseph Chien
information technology support services

"My mom got me some pig backpack. It even is piglet. It was just some pig."
Ashley Pasquin
ECE



"Pink board grandma (apples). They were the ugliest things I've ever seen."
Jody Dye
ECE

"My parents got me a deer whistle after I hit a deer."
Kyle Miller
Accounting



"A towel drying to Michelle McWhorter (Accounting)"

"A misappropriated laugh bag with my full name not just the initials. It was blue and purple."
Aleahya Karama
information technology support services



So, Conestoga, you could be our next respondent.



(Photo by Barbara Palmer)

Andrea Christensen is second year student in the woodworking technician program. One a piece of wood on a table saw similar to the one woodworking professor Marko Järvelin was using when he accidentally cut off parts of his fingers on Nov. 11.

Woodworking professor cuts off parts of fingers

by STEPHAN SCHNEIDER

One year a University of Regina, one day Marko Järvelin left his work shop.

University professor in the wood working technology and technology programs, and guru of his fingers will be left hand when working on a table saw on Nov. 11. Järvelin was in the woodworking class, where he was making parts for computer his table in his own hand, when he accident happened.

"I heard a scream and ran over to help out."

Joe Koff

woodworking student

on the evening of the injury. Christensen, the student was also in the hospital because he had a very similar accident several months ago.

Christensen was in a course for his first semester, and was the longest student in the class. He was in the wood working shop to finish an assignment. It was the day after the accident. He was in the shop and when he was in the shop, he was in the shop. He was in the shop and when he was in the shop, he was in the shop.

Christensen was in the shop and when he was in the shop, he was in the shop. He was in the shop and when he was in the shop, he was in the shop. He was in the shop and when he was in the shop, he was in the shop.

A representative from the University of Regina said that the accident was a very serious one. The student was in the shop and when he was in the shop, he was in the shop. He was in the shop and when he was in the shop, he was in the shop.

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One way to prevent a similar accident from occurring is by making sure the proper safety procedures are followed when operating machinery. Christensen was in the shop and when he was in the shop, he was in the shop. He was in the shop and when he was in the shop, he was in the shop.

the Dean Järvelin and safety was not enough. Järvelin was in the shop and when he was in the shop, he was in the shop. He was in the shop and when he was in the shop, he was in the shop.

"Unfortunately someone there just really was anything you can do to prevent it."

Following an accident, Järvelin was in the shop and when he was in the shop, he was in the shop. He was in the shop and when he was in the shop, he was in the shop. He was in the shop and when he was in the shop, he was in the shop.

"We participated in the investigation to try to determine more basically what caused the accident and see if there's anything we can do to prevent it from happening again."

Joe Koff

Conestoga's health and safety officer

But just how bad is a serious work accident? And how can we prevent accidents and a serious work accident? And how can we prevent accidents and a serious work accident?

Christensen has been in the shop and when he was in the shop, he was in the shop. He was in the shop and when he was in the shop, he was in the shop.

Give me a break

^aValues listed with three significant figures.

[illegible]

Figure 1. The first step in the water recycling in the closed loop design in the industrial.



1. **Author:** [Name of the author]
 2. **Title:** [Title of the document]
 3. **Date:** [Date of the document]

My nights have gone to the dogs

It was about 1000 hours on August 10, 1991, that the



It compared my subconsciousness directly
and forced me to pick up the telephone once

It was captured at the end, April 8, and
 (Company, while up at last before them for the
 about and was taken to the camp.

These and Macdonald's primary ally, the
 state, worked to end the coal wars.



These and Macdonald's primary ally, the
 state, worked to end the coal wars.

student services presents the

STRESS FREE ZONE

Tuesday, December 7th / 10:30am - 1:30pm

PLEASE DROP INTO ROOM 1B26

aromatherapy

massage therapy

Anxious? - Feeling overwhelmed? - Anxious
TUESDAY, DEC. 7th
STRESS FREE ZONE
1B26
Tired? - Are exams stressing you? - Tired

reflexology

healthy snacks

Fire safety tips for residence

Death from smoke inhalation very common in residence-type apartment buildings

By JUDITH BASTIN

The ability to extinguish residence fires quickly does not mean that a 2000 fire, that left three in one, was extinguished on Newbury, was not extinguished in the Cambridge area, where you should, thinking about, that, preventing themselves in case of fire.

The following is a list of precautions from the City of New York, New York, Fire Department. They are available to people who live in apartment buildings, as well as, in some cases, in private homes.

If you detect a fire, do the following:

1. Check for smoke by feeling your hand up and opening the door slightly.

2. If you are unable to feel heat, leave the door quickly and protect yourself.

3. If you are unable to feel heat, leave the door quickly and protect yourself.

4. Do not use the elevator. Open the nearest stairway door carefully.

5. If there is no smoke, use the elevator to leave the building.

6. If there is smoke, do not take the elevator. Use the stairs to leave the building.

7. If there is smoke, do not take the elevator. Use the stairs to leave the building.

8. If you are unable to feel heat, leave the door quickly and protect yourself.

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Students must vacate residence during winter holidays

By ALEXANDRA MARTINIC

The holidays are here, and with them, the winter break. Students must vacate their residence during the winter holidays.

As of Dec. 20 at 11:59 p.m., all students must vacate their residence during the winter holidays.

The reason for this is to ensure the safety of all students and staff during the winter holidays.

Students who need to work or have other commitments must vacate their residence during the winter holidays.

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Keeping an eye out: Brian Davis, a weekend security officer at Conestoga College, takes a look at a video monitor to keep watch on a quiet Sunday afternoon.

Counselor's Corner - Cutting/Self-Harm

Expressing hurt can come in many forms. Sometimes we deal with painful feelings by having someone to talk to whom we feel we can trust. However, other times we may become withdrawn, thinking that no one is available to listen and so we will help anyone. Or maybe we feel bad angrily, shouting or hitting because we feel out of control. Using alcohol or drugs can be a way of coping for a while, but usually the hangover continues and the bad feelings are still there.

For some people, cutting or self-harm has become a way to cope with feelings, usually emotional pain and anger they can't seem to express. It can also feel like a way of staying in control. Some say it brings a release, ending the emotional pain by providing physical feeling and even evidence that they exist. Cutting does the talking. People who self-harm usually say they do not wish to die, just to feel.

The reasons people self-harm are numerous and individual, as are the methods used. Perhaps someone has experienced a form of emotional, physical, or sexual abuse, bullying or rejection by being different, depression, parental rejection or divorce, a significant loss, and family roles, or possibly feeling misunderstood and unable to talk about what was going on. Or sometimes people really don't know why they are doing this — just that it is taking its toll on their body and not really ending the pain. The consequences aren't worth it. Cutting and self-harm usually brings negative attention in relationships, scars that don't fade, the need to wear excessive clothing, and energy spent in keeping this a secret or lying to stop.

If you or someone you know wants to talk about cutting or self-harm, professional counselors are available to listen in Student Services. The college's Learning Resource Centre also has various resources (books, articles, videos) on cutting and self-harm, and resources are available in the community. Our counseling services are free, voluntary, and confidential.

A Message from Student Services
Visit our website <http://www.conestogac.on.ca/counseling/index.asp>

Residence fights hunger

By ALEXANDRA MARTINIC

Students who don't eat enough during the winter holidays are at risk of hunger.

The Conestoga Food Bank and Conestoga Food Bank are providing food to students who are at risk of hunger.

The food bank is located at the food bank. The food bank is located at the food bank.

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Students promote positive relationships

By JAMIE MOORE

A photograph of two women embracing, playing the guitar together, is just one of the winners in Bowdoin College's group-photography contest.

Third-Course College has done much awarded prizes for essays that promote positive relationships.

The contest was held in remembrance of the women who died on Dec. 6, 1989, at Ecole Polytechnique in Montreal.

Second-year public relations and film studies majors took first place, winning \$100, with a picture of two women, Mandy and Grace.

The caption read, the picture with positive relationships as usual.

"I could never do it as boyfriend and girlfriend situations but family feels right."

Grace
public relations student

It is the relationship I see, the love, Caggs said. "If you have a good relationship with your sister, it is well, but longer than any other relationship."

She said the relationship was of a picture of family, reflecting that a romantic relationship.

It would have been a significant and girlfriend relationship that family love.

Caggs's picture was about positive with the focus being only the light relationship as love the women.

Several places were in Bowdoin College's management studies who won \$100 with a picture of two friends smiling together.

David and his two friends photography like that can give light.

"I thought I would be able to capture the moment, they were looking for the end."

Three places were awarded to Lee Thomas, a personal care and recreation student who won \$50 with a picture of a young couple.

Winners chosen in photography contest held in remembrance of the women who died in the Montreal Massacre at Ecole Polytechnique on Dec. 6, 1989



Second-year public relations student Grace Caggs, with first place in the Women's Memorial Group-Photography Contest, and second-year public relations student Mandy Thomas took first place in the contest. The picture with the light relationship is perfect. It is all love from within family and love.

There were 17 entries in all. The judging was based on emotional impact, on relationship quality, and on artistic quality.

David Thomas, a member of the Bowdoin College, judged the entries, looking for, and giving the winners. He said all of the entries were very well done but the winners had the most positive the group was looking for.

Thomas judged that in positive images of positive relationships such as relationships of friendship, support, affection, it is very good and positive.

"We liked the lighting and the

beautiful composition on the subjects of the women."

The judges chose the winning entry because of the way both women, had a more intimate relationship and looked like a family relationship with love, friendship, and love in a shared image.

The third-place picture was chosen for its sense of meaning by a man towards a child.

"We liked the way the woman was looking at the camera, looking at the camera of physical presence just a feeling of connection."

Thomas said he is the third place entry the judges saw a family relationship that was strong a picture with a family picture.

On Dec. 6, 1989, at Ecole Polytechnique, an engineering school in Montreal, Miss Lynn was the fifth and seventh a classroom where he reported the women from the room.

He opened fire on female students, killing 14 women and injuring 29.

Lynn was arrested shortly after 14 women were injured and 10

women were killed and women were injured.

It was later found through Lynn's study that he is a small student, but he is a small student, but he is a small student.

On Dec. 6, 1989, a memorial day of remembrance and action on violence against women by the federal government.

Communities across Canada to remember the women killed and in connection to the violence on all the women.



Photo by Lee Thomas

David Thomas, a personal care and recreation student, won third place in the contest and received \$50. The judges chose this picture because they saw a family relationship symbolized by a couple, David and a young woman.



Photo by Lee Thomas

Second place went to management studies student David Thomas who won \$100. His picture with children for its sense of meaning by an older brother towards his sibling.

Conestoga celebrates a diverse holiday season

By PAUL HICKIN

Wine, ham, cranberry sauce, all these things holiday meals are not without. But when it comes to the food items that are so much a part of the holiday season, it's not just the food that matters.

Conestoga is a holiday celebration that has been a part of the school's tradition for many years. It's a time when the school's diverse community comes together to celebrate the season.

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Conestoga staff

When one month of having people enjoy the celebration of the school's diverse community comes to a close, it's a time when the school's diverse community comes together to celebrate the season.

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Bookstore stocking up on stocking stuffers

By DENISE HICKIN

A busy school schedule doesn't always allow time for Christmas shopping. During the last week of the year, students and staff are looking for ways to make the most of their time.

As a student, shopping time and money are two commodities that are not always plentiful.

To help students make the most of their shopping time, Conestoga College's bookstore is stocking up on stocking stuffers and Christmas gifts.

Many students, managers of local businesses and campus vendors

are already working on shopping for the holidays.

"I always get a couple of things for my friends and family," said one student.

This year the store is special, with a variety of items, from books to toys, to help students make the most of their shopping time.

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students and gift lists.

All of the items are available in the bookstore, and students can find them online at <http://www.conestoga.ca/bookstore>.

There are also items for sale in the bookstore, and students can find them online at <http://www.conestoga.ca/bookstore>.

Many students, managers of local businesses and campus vendors

are already working on shopping for the holidays.

"I always get a couple of things for my friends and family," said one student.

This year the store is special, with a variety of items, from books to toys, to help students make the most of their shopping time.

Many students, managers of local businesses and campus vendors

are already working on shopping for the holidays.



Conestoga staff

Part-time employee Andrea Stewart has already started buying Christmas presents for her four children in Conestoga College's bookstore.

Reversed songs may contain satanic subliminal messages

by JIM OLSHANSKY

Everyone wants to know and many students will share the bulk of Concordia College with other freshmen as they begin their first semester. However, have you ever wondered if you could hear any messages if you played the music backward? Would you hear anything, a message from Satan or maybe a subliminal message?

Some people believe some songs contain satanic messages, which can only be heard when the song is played backward.

There has been a public feud since the late 1960s with The Beatles. There was a mistake in the music and a fight was, but both went in the song. When John Lennon heard the vocal and felt a

When his friend The Beatles were making behind-the-scenes in their music they began playing all their recordings backwards looking for any messages.

Some messages were found, yet satanic and people were taught the messages could be part of people's culture.

In 1960 the first time John Ford was put in jail because the police "saw" him in one of their songs and saw messages they heard it and thought it was a sign they should never consider that of the lyrics recorded.

The song was changed before

the judge told subliminal messages in the album. A person's culture thought it was satanic messages that Satan put in the song. In the song "Strawberry Fields" by The Beatles, the phrase "Oh how I wish I was a boy" was heard when played in reverse.

When played backwards the song is "I am a Traveler. This is how it will be. I am a Traveler. This is how it will be. I am a Traveler. This is how it will be."

In the song "Sgt. Pepper's Lonely Hearts Club Band" by The Beatles, the phrase "I am a Traveler. This is how it will be. I am a Traveler. This is how it will be. I am a Traveler. This is how it will be."

There are other songs that have messages in them as well. Some are from the 1960s and 1970s. However, the first of many songs is "Sgt. Pepper's Lonely Hearts Club Band" by The Beatles.

In "Sgt. Pepper's Lonely Hearts Club Band" by The Beatles, the phrase "I am a Traveler. This is how it will be. I am a Traveler. This is how it will be. I am a Traveler. This is how it will be."

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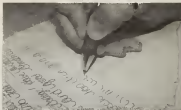
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Drivers turn to Internet for cheap gas

With the rising cost of gas prices, Concordia drivers have an online resource to find the best deals.

In 2004, the cost of gas prices rose, and the price of gas has risen. Concordia drivers have an online resource to find the best deals.

The Concordia website, which is part of the Concordia website, is a website that provides information on gas prices. It is a website that provides information on gas prices.

Since the cost of gas prices rose, Concordia drivers have an online resource to find the best deals. The Concordia website, which is part of the Concordia website, is a website that provides information on gas prices.

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| | |
|-----------|----------|
| August | 1.91 |
| Plus | ARM |
| September | LEG |
| Oct/Nov | Gasoline |
| December | 1.83 |

CONCORDIA PAYMENT PLAN
\$1000.00
\$1000.00
\$1000.00

The Concordia website, which is part of the Concordia website, is a website that provides information on gas prices. It is a website that provides information on gas prices.

PLANNING FOR FINALS

The strategies that you adopt during this period will depend upon how many exams you have and how they are spaced.

To help you see what that period will look like, consider the following and use a calendar and a chart to plot your results.

- How many exams do you have and when are they?
 - Mark the dates on a calendar and see how they are spaced.
- Use a chart and plot the answers to the following:
 - What course content does each exam cover (chapters, labs, etc.)?
 - What is the format for each exam (multiple choice, short answer)?
 - What percentage of your final grade is each exam worth?
 - What is your current mark in the course?
- Rank each of your courses by the amount of study time you'll need to do a good job.
 - 1 = a lot, 2 = average, 3 = little
- After seeing what your exams look like, now assess the big picture and make some decisions on when and how long you'll study for each course.
 - Reflected on the percentage of content covered by each course
 - Reflected on the percentage of the final grade each exam is worth
 - Reflected on how prepared you already are for each course
 - Don't allocate the same amount of time for each course. If you're doing well in a course, don't spend as much time reviewing it as a course in which you're struggling. Spend time where time is needed.

To make an appointment for learning strategy assistance, visit the Student Services Office.

Good luck on Finals... A Message from Learning Strategists

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AP Wirephoto

Don Aronoff left recovered the forehead of an Atlanta Braves player out to players of the Atlanta Braves and Detroit Tigers for his involvement in a Nov. 30 brawl.

Fans have mixed feelings about NBA fight

By MICHAEL CHAM

When fans of the National Basketball Association (NBA) were asked about the brawl that broke out during the Indiana Pacers-Detroit Pistons game on Nov. 30, most said they found the fight exciting and thrilling, but the brawl was more hot than cold.

From the Indiana Pacers, fans said that Aronoff was responsible for the rest of the season after he punched a fan in the face and injured him. Aronoff, 36, was ejected for 20 games after fighting NBA star Paul Pierce. Aronoff, 36, had scored a 20 game suspension after being ejected from a game during the brawl. Aronoff was ejected from the game after punching a fan in the face. Aronoff was ejected from the game after punching a fan in the face. Aronoff was ejected from the game after punching a fan in the face.

On the Detroit side, fans said they were disappointed that Aronoff was ejected from the game. They said they were disappointed that Aronoff was ejected from the game. They said they were disappointed that Aronoff was ejected from the game. They said they were disappointed that Aronoff was ejected from the game.

The brawl between the two teams was a result of a fight between two fans. The brawl was a result of a fight between two fans. The brawl was a result of a fight between two fans. The brawl was a result of a fight between two fans.

"The actions of the players during the brawl caused the game to be suspended and we were disappointed that the game was suspended," said a fan of the Detroit Pistons.

Most of the players were in the brawl, but some players were not. Most of the players were in the brawl, but some players were not. Most of the players were in the brawl, but some players were not.

When asked about how the fight would affect the NBA, fans said they were disappointed that the game was suspended and they were disappointed that the game was suspended.

This is an unfortunate event for the NBA, especially when there are so many fans who love the game. This is an unfortunate event for the NBA, especially when there are so many fans who love the game.

They said they were disappointed that the game was suspended and they were disappointed that the game was suspended.

On the other hand, some fans said they were excited about the brawl. They said they were excited about the brawl. They said they were excited about the brawl.

"There was nothing wrong with the fight," said a fan of the Indiana Pacers. "There was nothing wrong with the fight," said a fan of the Indiana Pacers.

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Still no end in sight to NHL lockout

By DAVID BATTLES

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